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By the Editor of "MURRAY'S GUIDES"

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Contagious Diseases, etc., etc.

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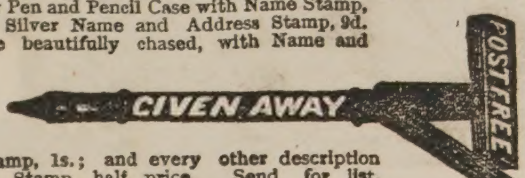

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FOR THE PEOPLE.

No. iv.

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By the Editor of "Murray's Guides."

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just out of hearing. Wear noiseless shoes, and a loose-fitting, but warm dress in winter, and a thin one in summer. Everything about a sick-room should be as dainty and pretty as possible; a nurse should have a daily walk in the open air, even although it is only for five minutes. The nursing done by one who is fresh is very different from that done by one who is tired out. When talking to the patient, do not stand behind him, but place yourself where he can see you without any strain; and sit by the bedside, the patient thus feels more at rest. A sick room is no place for chat or gossip, and in order to prevent the *overcrowding* of the sick room, the nurse should use her authority, and keep *all* from the room except those required. It is not simply an evil to have several persons present there is actual danger in such proceedings.

VENTILATION.

Ventilation is of the first importance. It seems superflous to make this remark, yet nothing is more often neglected. In providing this the temperature of the patient must on no account be lowered. In opening the window care must be taken that the patient does not take cold, an extra supply of blankets, hot bottles to the feet, or if the bed is placed in an unavoidable draught when the window is open, even an umbrella opened, and placed on the bed with a covering over it, to extend over the patient in the form of a tent, will avoid all risk. If the window is open, shut the door, or vice-versa. In winter keep plenty of heat going. The air must be kept moving, and one of the chief means of doing this is to have a fire in the grate; if the weather is hot, a lamp placed in the grate will answer the purpose equally well. The best way thoroughly to ventilate a room is to open the window top and bottom, but in illness this is generally too much. In cases of throat or chest complaints, or certain kinds of weather, the doctor may forbid this mode, otherwise it is most important that fresh air be admitted through the window. There is a "costless ventilator" recommended by the National Health Society. It is merely a piece of board that fits the under sash, and about four inches high, holes may be

perforated in this by a gimlet, but this is not actually necessary. Raise the lower part of the window, and fit this in shutting the window firmly down upon it. This separates the two sashes, through which a current of fresh air comes, directed upwards, so that no draught is felt. This ventilator, costing so little, should be in not only every sick room, but every household should possess such, for safe ventilation. It can be taken out or put in at pleasure. If the window opens like a door, a piece of coarse flannel may be hung over it when partially opened. If the window may be opened at top and bottom, the ventilation will be more perfect. A growing plant is a healthy thing to have in a sick-room, as it absorbs the impurities of the air.

LIGHT.

This certainly is next in importance to ventilation, for the recovery of the sick. There is an old proverb which says, " Where the sun does not enter, the doctor does." Sunlight diffused through a room, warms and clarifies the air. The sick should never be gloomy, in the presence of light gloom flies away. There are special cases in which too much light is very injurious, as diseases of the eye, &c. If the patient cannot bear the light, a curtain or a screen, willl relieve that. To darken part of the room it is not necessary to darken the whole of it.

TEMPERATURE.

A thermometer should be in every sick room and placed on the same level as the patient, that the correct temperature he is breathing may be ascertained- It should not be allowed to fall below 60° or 65° Fahr., but it is well to consult the physician about this, as in some cases greater heat is required. Doctors advise a southern aspect for the sick room, and the patients head towards the north if possible. The old fashioned notion that invalids must be kept in very hot rooms, is long since exploded; this is only required in very special cases.

BAD SMELLS

The government carbolic powder, a large packet of which can be had for two pence, is an efficient disinfec-

tant. Perchloride of mercury is the most powerful disinfectant at present known. It is a deadly poison, and instantly destroys germs, it must only be used under medical direction. "Izal" is also an effective disinfectant, it is an internal as well as outward remedy; for every day use in the household it is invaluable. Chloride of lime is one of the most powerful disinfectants, the best manner of using it is to place a layer on a plate and expose it to the influence of the atmosphere. Condy's fluid being free from smell itself, there is less objection to its use than there is to the stronger odours. A solution of any of these should be always kept in the sick room. Nothing that smells badly should be allowed to remain longer in the room than is absolutely necessary. The slop-pail should never be allowed in any sick room, some disinfectant should be put into the bed-pan or chamber, before such is used; this helps to destroy the smell, then immediately after use, some more disinfectant should be poured in, and the utensil taken out of the room and emptied at once. An excellent fumigation when a bad odour arises in the room, is to place some red coals on a shovel and pour on to it some vinegar. Soiled clothes, or the lint or rags, (the latter should be burned), that have been used for dressing wounds, should never remain in the room, and if an infectious case, they should on no account be put with any other, but at once be plunged into a pail containing a disinfectant solution, which should be soaked for two hours before being sent to the laundry.

THE SICK ROOM.

In the case of infectious disease, no article of furniture that is not required either by the patient or nurse, should be allowed to remain in the room; all curtains that are allowed to remain, should be of washable material. In an adjoining room there should be a fire, where the remnants of food, &c., should be burned. Strips of carpet on the floor are much better than an all-covered floor, but if the case be fever, there should not even be these left in the room. A folding screen is a great comfort in illness, it can be used to keep off draughts, and in many ways is most useful. If such is not at hand, one can be fashioned out of a clothes-horse, covered

with some pretty cretonne, or anything at hand. Keep the room thoroughly dusted and clean, have a place for everything, and carefully keep the patient's medicine bottles apart from any poisonous ones for outward application. Invalids' food should be well cooked, given at regular intervals, not served in large quantities, but in as neat a form as possible, and never cooked in the sick room; all the patient's food dishes should be immersed in a disinfectant, before being washed; for this purpose a good supply of water should always be at hand in an adjoining room, also some tea-cloths, as all the glasses and crockery must be kept scrupulously clean. If a sheet is required to be hung outside the sick-room door, it must be large enough to cover the whole door, not hung on the door, but a little way from it; it should reach as near the ceiling as possible, and touch the ground. It can be fixed up like a curtain on a cord, having been slightly wrung out of a disinfectant solution. To prevent the sheet becoming so soon dry (as it must always be kept wet), it is best to have a small bath, with the same disinfectant in it standing on the floor, with a corner of the sheet in it, thus the sheet sucks up the moisture. The bed should have constant care; sheets and pillow-coverings should be renewed often, and the pillows kept well adjusted to the patient's needs. The body linen of the patient should be very frequently changed; in acute diseases, it is well to change it every day. Nor should the body be neglected, it must be frequently washed, a piece of soft flannel or sponge and tepid water should be used, a small surface only should be exposed at a time, and rapidly dried with a heated towel. The fireplace is often a cause of noise in the sick-room, remove the fire-irons, and substitute a piece of stick, which can be used for stirring the fire without noise; the coal should be broken into small pieces before being brought into the room, and a basket should be used to hold it in preference to a scuttle, so that the coal will not rattle against the metal. Keep an old glove near, and put every lump on with the hand. The fire may be made up for the night by backing it with well wetted slack and cinders, and as the fire burns hollow in the centre, insert two or three

small pieces of fresh coal, when these in turn burn away, refil, so that it may go on during the night without the necessity of stirring. Have a kettle of hot water constantly on hand, it is a great aid in some diseases. It is a great help if the doctor would dictate the treatment of the case to the nurse; it is not well only to trust to memory. In a serious illness a "diet sheet" should be kept, stating the precise time food and medicine were given. A nurse should take particular note of the patient's condition, and all that takes place between the doctor's visits, as in such a way she may be of much use to the doctor, in assisting him to effect a cure. It is most important to note the kind, and amount of sleep; it is necessary for the doctor to be acquainted with the state of the bowels, also the urine, any peculiar feeling or pain of any kind, must be noted, in fact, every little change or occurrence that takes place should be written down, don't trust to memory; the advantage to both doctor and patient can be easily understood.

THE SICK BED.

The best kind of bed is a single size iron bedstead, with a horsehair mattress over a woven wire one. Feather beds should never be used in sickness, they are too heating, and retain impurities. The bed should not have valances, nothing should be kept under it; it is much healthier when the air can get underneath. The bed should never be placed with one side against the wall, but the nurse should be able to get at both sides of it, and it must be kept out of a draught, or protected from it. Waterproof sheeting (or American cloth answers well), should always cover the mattress under the sheet, and care must be taken to prevent the under-sheet from crumpling under the patient, this may be avoided by pulling the sheet tight, tucking it under the mattress, and by the use of safety pins, fastening it to the under side of the mattress. What is called a draw sheet, is almost a necessity in severe illness. An ordinary sheet is folded lengthwise, the one end tucked under the mattress and pinned to place; just over the under sheet, and across the bed, where the middle of the patient's body lies, the other end is passed, and that again is

firmly pinned under the mattress on the other side. Then when the part under the patient becomes damp, it is only necessary to draw under a clean dry part; should it, however, be very much soiled, the entire draw-sheet must be changed. The pillows should be arranged to suit the patient; to have them frequently shaken, turned, and smoothed, is most refreshing when weary and suffering. A long roller towel fastened to the foot of the bed by which the patient may raise himself, is a great comfort to a weak person. In changing the under-sheet, the clean one should be well aired, warm, and rolled up lengthwise to the middle, a second person rolling the patient to the one side by the aid of the draw-sheet, and holding him there while the sheet is changed, by rolling up the one side of the soiled sheet close to the patient, lay the rolled-up part of the clean sheet close to this, then move, or roll the patient over both rolls of sheets on to the clean part, then the soiled sheet can be easily removed, and the clean one fixed to place. The top sheet may be removed by taking off all the bed clothes except the sheet and one blanket, on the top of these lay the clean sheet and another blanket, get someone to hold the clean sheet and its blanket firmly in place, and then draw away the soiled sheet and its blanket; in this way there is no risk of chill, the patient never having been exposed all the time. The changing of the draw-sheet is easily accomplished by fastening one end of the clean to one end of the soiled sheet, using safety pins on the wrong side, so that the pins may not touch the patient, then draw the soiled sheet all away, and the clean one substituted, fasten as before. In changing the nightdress, if the patient is very weak, and cannot sit up, the garment must be made to open up the back, fastened with a few stitches; pins and buttons would not do to lie upon. A bed jacket over the nightdress, made of flannel or flannelette, is a great protection from chill. Get everything ready for the night before the patient is likely to want quiet, so that nothing may "put off" the first sleep, if one even in health is roused up after being asleep even for five minutes, how much more difficult it is to get asleep again. Everything should be ready and quiet before ten o'clock.

BED SORES.

These are very serious, and when once formed take a long time to heal, so the principal thing is to prevent them. Those who are carefully attended to seldom suffer from such. Sick people should not be allowed to be constantly in one position, but if allowable should be turned from one side to the other, to prevent the constant pressure on one part. Every day the parts of the body where these are likely to form, (the back, elbows, shoulder blades and even the heels), should be well washed with soap and water, well dried, and a little vinegar rubbed in, or glycerine cream, or any kind of spirits will do, then when dry, these parts may be powdered with boracic acid, by so doing daily the skin becomes hardened. If any redness appears apply the above twice daily, and if any crack in the skin appears neither the spirit nor vinegar should be used. At the first appearance of the redness, the doctor should be at once informed of it. If the skin at all breaks, get a piece of lint and cover this thickly with vaseline and zinc, lay it on the bad part and cover with a larger piece of lint strapped on with strips of sticking plaster, each piece larger than the lint that the ends may adhere to the skin.

HOW TO GIVE BATHS.

Baths should only be given by the doctor's orders, also the doctor must regulate the length of time the patient remains in the bath, also the heat of the bath should be determined by him, the thermometer used in the sick room plunged into the bath, will tell correctly the heat of the water, the feeling with the hand is not reliable, the temperature may be better ascertained by putting the arm up to the elbow in the water. A young child seized with convulsions should be given a hot bath as fast as possible, the quicker the better, if the mother or nurse's arm feel the water comfortable it is safe for the child, the water should be up to its neck, and a blanket must be wrapped round the bath, it is better to have a screen round the bath, to avoid any chance of a chill, when taken out the patient should be wrapped in a warm sheet. Hot baths sometimes cause faintness, therefore the patient must not be left a moment alone.

CONVALESCENCE.

This is a most critical time, and great care is necessary as relapses may occur, and through the mistaken kindness of the nurse the patient may suffer. If the patient is a child, these dangers more especially arise, when the craving for food can in some cases scarcely be satisfied, and when too much is given indigestion may follow, and a relapse is the consequence. The patient's clothing should be warm and comfortable.

A WORD OR TWO ABOUT INFECTIOUS DISEASES.

Typhus fever :—This is a most infectious fever, the poison is chiefly from the breath and skin ; shivering headache, and sleepiness are the symptoms, after a while a rash appears, the tongue becomes very painful, and covered with a brown matter, this may be removed if rubbed with a slice of lemon, When thirst is very great in fever a little glycerine on the tongue gives great relief, and the sponging of the body with Condy's fluid is of great service. The disease is caused chiefly by imperfect ventilation, and dirt.

Typhoid fever :—This is quite a different fever from typhus. Breathing impure air, or drinking milk or water, that has been exposed in some way to sewage will produce it. This is not an infectious fever, it cannot be caught by merely going into the patient's room, the infection arises from the evacuation of the bowels ; diarrhœa, feverishness, and headache are the symptoms. Upon good nursing, and obedience to the doctor's orders as regards food, much of the recovery of the patient depends. There is no disease where eating anything forbidden may cost the patient so much as typhoid fever. The nurse should always hold her breath when looking into the bed-pan, into which a strong disinfectant should have been put before use and also after ; she should also wash her hands in a disinfectant after attending the patient to secure her own safety.

Scarlet fever :—This fever begins with a chill, sore throat, and headache, the principal danger is the throat and kidneys. It is highly recommended that the patient

should be rubbed daily with uncooked mutton fat. The part that comes in contact with the skin should be cut across in various directions with a knife. The skin peels off in this fever, this is the most dangerous time for infection, and great care is required in fumigating after this disease.

Measles :—This is particularly a disease of childhood, and is often treated much too lightly, it leaves so often ill health in some form or another behind it, often from the neglect of the nurse. It begins like an ordinary cold with headache, redness of the eyes, cough and sometimes bleeding of the nose. During this illness the patient s eyes must be shaded from the light, as there is always the fear of weakness settling in them after the measles.

Whooping-cough :—The great danger in whooping-cough is from inflammation of the lungs, and bronchitis. Flannel should be worn next the skin, and rubbing the pit of the stomach at night with "Roche's Embrocation," and a flannel belt bound round the belly are very useful. Rubbing the spine, and a mustard poultice put along the spine every night often prove efficacious, all excitement and running about should be avoided. The child's head should be held up during a spasm, and if suffocation seems threatening, press down the root of the tongue with the finger, the child may thus be saved from choking. It is a foolish mistake often made that scarlet fever, measles, and whooping-cough arediseases that children must have. This is by no means the case, and children should be protected from infection as much as possible.

Smallpox :—Before vaccination was introduced, the ravages from this disease were more than double. It is *the* most infectious disease, and to nurse it is a severe undertaking. Loss of sight and hearing are often the serious consequences that follow a severe attack. The symptoms are severe headache, vomiting, pains in the back, and high temperature.

Cholera :—Nurses run very little risk in attending to cholera patients. There is usually no difficulty in recognising a case of cholera. The cramps, purging, vomiting, and the quick collapse, too surely indicate the

nature of the complaint. If you suspect the case is one of cholera, send for the doctor ; but do not wait for him, give four drops of essence of camphor every ten minutes for an hour, or until there is some improvement ; it is best given in a teaspoonful of milk. The principal thing in this remedy is to give it early, and frequently it stops the vomiting and diarrhœa, and wards off the cramp until the doctor arrives.

RELATING ESPECIALLY TO CHILDREN.

Mothers should take trouble to make themselves acquainted with the laws and principles governing the human body ; to be able to distinguish disease in a child from a mere passing ailment, forms a most important part of the work of those who have the care of children entrusted to them. Mothers should allow no social considerations to prevent the possibility of their nourishing their children in the way Nature intended, at least, for the first eight months of their lives. A French doctor tells us that children brought up by the hand are more liable to convulsions, and other teething troubles, than those naturally nursed. The too great facility of bottle feeding does not supply the necessary stimulants to the gums for the evolution of the teeth. If it is necessary to bring up a child on the bottle, the food must as nearly as possible resemble the mother's milk. The mother or nurse must test the infant's milk before each meal, nothing is more injurious to an infant's health than to take sour milk in summer, it often is the source of bowel complaints, a little lime water should be mixed with the milk, thus rendering it more easy of digestion. Pure milk is generally too rich for a baby, it may be diluted with water, or water in which a little rice, barley, bread, or oatmeal has been boiled, this helps to prevent curd forming in the stomach. It should be given lukewarm through the nursing-bottle, and particular care must be taken of the tube and bottle, which must be thoroughly cleaned after each time it is used. Never allow any milk to remain in the bottle when not in use, have it filled with pure cold water, also have the mouthpiece in a bowl of water until again required. If a child be ordered something different, a food such as Savory and Moore's,

or Mellin's, or Robb's nursery biscuits might be tried; what will suit one will not suit another; a watchful mother or nurse can soon determine for herself. It is a good rule to make stated hours for feeding them. Tiny infants of a few days' old should be fed every hour, never allowing the meal to extend over five minutes, the interval should be two hours when the child is one month, and every three hours when the child is four months. Never give way to a baby's importunity until meal time arrives, it is not always hunger that makes a child cry, and often the feeding increases the trouble. "Baby comforters," shun; they are, in reality, no comfort. If a child goes to sleep with one, it will wake up again to get it, having dropped out, there is then the risk of cold in the throat or chest, the little mouth remaining open. By the use of them the harm done is much more than any good or rest obtained: the child gets so accustomed to it, that he frets at all times when he has it not. As soon as a child has an inclination to chew, a piece of the crust of bread may be given, if this is tied in muslin, there is no danger of pieces getting off the crust, and likely to choke it. It will not only serve as food, but assist in cutting the teeth. Bread, besides being used dry, may be prepared many ways into food for children. One is, to boil a piece of roll together with the upper crust, in water, till it becomes soft, by which means the bread will be cleared of some part of its acescent quality. The water should be carefully strained off, and the bread mixed with some boiled milk, with very little, if any, sweetening. Children should never be allowed animal food till after they are weaned, and even then but sparingly. It cannot be denied that a vegetable diet is apt to affect the stomach with acidity; but on the other hand, too much flesh heats the body, and occasions inflammatory disorders. The safest way, then, is to adopt a due mixture of animal and vegetable food. Fruit is an article of which children are in general very fond, and in the moderate use of which they may be indulged, provided the fruit is ripe, for otherwise it is highly prejudicial. Butter as it relaxes the stomach, and tends to produce gross humours, is not proper for children; and those parents who give it in abundance,

are unwittingly employed in laying the foundation of disorders which may never be eradicated. When they are able to go alone, they should be allowed a little light meat, with mild vegetables, and alternately, broths, puddings, and various preparations of milk. The best drink for children is water or milk; never ale, or spirituous liquors. When a child is unwell, the lightest diet possible should be adopted, and if a fever accompanies the disorder, still less food will be required, but the proportion of drink must be increased. Of this kind are barley water, or water in which a crust of bread has been boiled, rice water and thin tapioca. If the bowels are relaxed more nourishment should be given; in which case baked flour mixed with boiled milk will serve both as a diet and a medicine. Should this disagree with the stomach, on account of the acidity in the first passages, it may be remedied by good beef tea, or broth thickened with a little of baked flour instead of bread. Where acidities and flatulence become troublesome, a little magnesia mixed in water, will be efficacious.

In regard to the clothing of infants they should be as easy, and as free from incumbrance as possible. Nothing more is needed than to keep the child guarded against the inclemency of the air, but whatever be the clothing cleanliness is an indispensable object, and the garments ought to be frequently changed.

Young infants should be moved gently up and down in the arms, taking care not to toss them very high, as they are susceptible of fear, even to the degree of being thrown into fits. Another exercise adapted to this tender age, and of the utmost advantage, is rubbing them with the hand. This should be done all over, at least, twice a day, when they are dressed and undressed, and especially all along the course of the backbone. It ought, also, to continue some time, being peculiarly agreeable to the child, as it constantly evinces by stretching out its little limbs, and pushing them against the hand. These frictions not only promote the circulation of the blood, but excite a lively sensation in the parts, and tend greatly to strengthen the body.

Children are too often injured, and sometimes destroyed, by the carelessness of nurses, and even by

parents, who suffer them to remain alone when they require the greatest watchfulness to prevent accidents particularly from fire. When a misfortune of this kind happens, the attendant in the hurry of distraction, proceeds to tear off the child's clothes, instead of wrapping something over all to extinguish the flame. A carpet, tablecloth, or blanket will do this effectually. There is a mistaken idea, as already mentioned, that there are certain diseases which children *must* have. It is impossible to protect children at all times from infection, but as much as possible they should be kept from it. Some imagine that if one child of a family has an infectious illness, the others may as well have it, as they will be sure to get it at some future time. Such is quite a mistake.

HINTS AND REMEDIES.

The purpose of the following hints, &c., is not intended to lead people to take the treatment of disease into their own hands, but so that in case of emergencies, when a physician cannot be had at once, help may be given until his arrival. Others again live so far from medical aid, that a knowledge for the treatment of simple ailments is quite necessary.

WORMS.

Of the diseases of children, one of the most common arises from worms. The most usual symptoms are a fetid breath, itching of the nose, pains in the stomach, vomiting, startings in the sleep, and a hollow dark circle round the eyes. In some cases even convulsions follow. Calomel is a powerful purgative against worms, either taken alone or joined with rhubarb, in the following proportion for a child. Take of rhubarb six grains, calomel one grain, mix them, and give it in a spoonful of water or milk. In mild cases, an aperient medicine is sufficient, but, as a rule, it is as well to give at night a dose of santonin, which kills the worms, and in the morning a dose of castor oil should be given, and in an hour afterwards an injection of a teaspoonful of salt, to a pint of warm water, should be given.

CROUP.

When the first symptoms of croup are noticed in a

child, no time should be lost in giving it a hot bath, if the attacks occurs during the day, but the night is more frequently the time when they come on, and there is then not time to get sufficient water for a bath, but a pint of water may be quickly boiled in a tin kettle over a stick fire. Pour the boiling water over a small blanket, wring out quickly, wrap this round the body and legs of the child, and over that wrap a dry, warm blanket. Half an hour in this should relieve the spasms. At the same time give an emetic. Ipecacuanha wine is the best, and where children are at all inclined to croup, this should always be kept in the house. A teaspoonful may be given to a child of two. If in ten minutes it is not made sick, the dose may be repeated, till the child vomits freely. In half an hour the child may be taken out of the pack, and rubbed with stimulating liniment, back and chest quickly, the nightdress put on, wrapped up in a blanket, and the child will soon be asleep. The stimulating liniment is not so irritating to a child as a poultice, but when the former is not at hand, a poultice should be put on the throat and chest, taking care not to scald the patient.

ACCIDENTS.

Broken bones.—In the event of broken limbs, the great thing is to prevent the mischief from being made worse. The clothing and boots must be taken off with the greatest care, and if necessary, ripped up, rather than further pain be caused. Walking-sticks and umbrellas can be utilised as splints until the doctor arrives. No time in such cases should be lost in sending for him.

Cuts and wounds.—These should be washed with a weak solution of Condy's Fluid, and the edges brought together, and bound tightly with clean linen.

Poisons.—The treatment varies with the kind of poison taken. If opium or laudanum, an emetic of twenty grains of sulphate of zinc should be administered. Every effort should be made to prevent the patient from going to sleep, walk him about, give him drinks of strong coffee, and rouse him in every possible way. Should the poison be of the nature of an acid, lime water, soap and water, or chalk and

water should be given. If carbolic acid has been swallowed, as much oil should be given as possible. The proper treatment for arsenic poisoning is an emetic, and then give oil and lime water.

FITS.

Death in a fit is not very usual. The clothing must be loosened, especially round the neck, and a tightly rolled up handkerchief placed between the teeth. Do not use water, nor hold the patient down, but remove anything on which he might strike himself.

FAINTING.

A person in a faint must be laid flat with the head low; and given plenty of air; a little water may be sprinkled on the face, and sal-volatile is useful.

Convulsions in children should be treated with cold cloths to the head, and a hot bath. Castor oil may then be given.

BURNS AND SCALDS.

If a person has been burned by the clothes catching fire, remove the clothing as fast as possible, very carefully, cut it off if necessary. If it is hot, tepid water should be poured over it; if it sticks to the skin, it must be cut round, not dragged off, and every care must be given to the tender flesh beneath. If the burn is slight, cover with cloths wrung out of soda and water made by dissolving a piece of washing soda, the size of a walnut, in rather more than a pint of tepid water. If the burn is bad, cover it as quickly as possible with olive oil and lime water in equal parts. Place cotton wool over that. If there are any blisters, avoid breaking them. Vaseline is an excellent remedy for a burn, it must be smeared with it, and covered with lint or cotton-wool. For a few minutes after applying, the pain is intense, but it is soon gone, and there is no more soreness. If these things are not at hand, the burn may be covered thickly with flour, and cotton-wool tightly bandaged over it.

TO RESTORE THE APPARENTLY DROWNED.

On the discovery of the body, it should be laid on its face with one arm supporting the head, a little raised. No attempt should be made to restore the heat until

breathing is restored. If the heart is beating, and the patient is breathing ever so slightly, the nostrils may be excited with smelling-salts or snuff. After wiping the body dry with warm cloths, it ought to be well rubbed again with hot flannels. Remove all foreign matter from the mouth, keep the tongue well forward, or it may cause suffocation. When lying in the above position, it will allow the water to flow freely out of the mouth. After the water has thus been expelled, lay the patient on his back, with his shoulders raised on a cushion. The agitation of the body should be maintained by moving it in various directions, also in the moving of the arms backward and forward, above the head, and down by the side of the chest. When a natural breathing has been established, remove the patient to a warm bed, heated with bottles filled with hot water, heated bricks wrapped in flannel, and the blankets must be all thoroughly warm. Great care should be taken in giving the patient food by the mouth ; it is best to inject brandy and beef-tea.

SWALLOWING A FISH BONE

A fish-bone is sometimes swallowed and becomes troublesome. As soon as possible give four grains of tartar emetic, dissolved in half a pint of warm water, and immediately after the whites of five or six eggs. This will speedily be ejected from the stomach, and probably the bone will come with it. A spoonful of mustard dissolved in luke-warm water will answer the same purpose.

CAT SCRATCHES.

These are sometimes obstinately painful, and hard to heal. The hand or limb of the child should be well washed in warm water, and poulticed freely, at first with cold bread poultices, and afterwards with warm ; if these do not quickly effect a cure, consult a doctor.

INSECT PLAGUES.

Wasp stings.—The sting of a wasp is extremely painful. The best thing to do for it is to apply a solution of strong ammonia. If there is much pain and swelling great relief may be obtained, by dipping a piece of folded lint in a lotion made of boro-glycerine, melt a teaspoon-

ful, in a pint of boiling water, bottle it when cold. Lay the lint on the stung part and cover with a larger piece of oil silk. Bandage tightly to exclude the air, and the pain will soon lessen. Or a hot bread poultice is very soothing and would also tend to reduce the swelling. In an emergency any of the following remedies would reduce the swelling and relieve the pain: Olive oil, raw onion, vinegar, a paste made of clay or flour and water, tobacco juice, tincture of arnica and water, honey or laudanum. If any one is badly stung by a swarm, must be kept cold, and very quiet for several days. The same treatment may be applied to the stings of other insects. Oil and vaseline are said to prevent mosquitoes and gnats from biting.

SEA-SICKNESS.

The drinking of salt water is said to be a perfect cure for sea-sickness. Dr. J. M. Millar, says that four years experience at sea convinced him that there is no remedy like Worcester sauce, in teaspoonful doses given without water, for preventing and curing sea-sickness, with, in some cases, application of a tightly applied bandage, rest on the right side, and frequent small quantities of fluid food. The remedy is easily obtained on most steamers, and has often succeeded when all others have failed. It should be given every three hours, until the stomach can tolerate and retain its contents. Avoid stimulants, but give small quantities of good beef tea with cayenne pepper in it.

POULTICES, MUSTARD PLASTERS, &c.

One of the most important things to know in sickness is how to make a poultice.

Poultices are most commonly made of linseed meal, brown oatmeal, or bread; the doctor may order mustard or laudanum to be added to these.

A LINSEED POULTICE.

Crushed linseed is best for this. Everything must be got ready before it is mixed as to be of any use it must be really hot. First cut a piece of linen the size required, heat a basin by rinsing out of boiling water, also a spoon, and a knife, make sure the water is boiling, pour some into the hot basin, and sprinkle into it as much linseed

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A Text of 11 letters, 1 ft. 6 in. long, by 1 ft. 5 in. deep	0	1	4
A Text of 28 letters, 3 ft. 9 in. long, by 2 ft. 7 in. deep	0	3	6
A Text of 40 letters, 6 ft. 10 in. long, by 2 ft. 7 in. deep	0	5	6
and so on.			
A large Double Banner, 12 ft. square, 103 letters	2	0	0

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FIG. 1.

Cane and Bamboo Light

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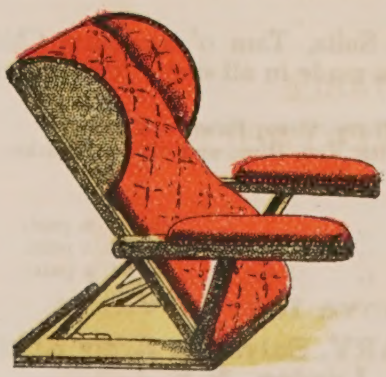
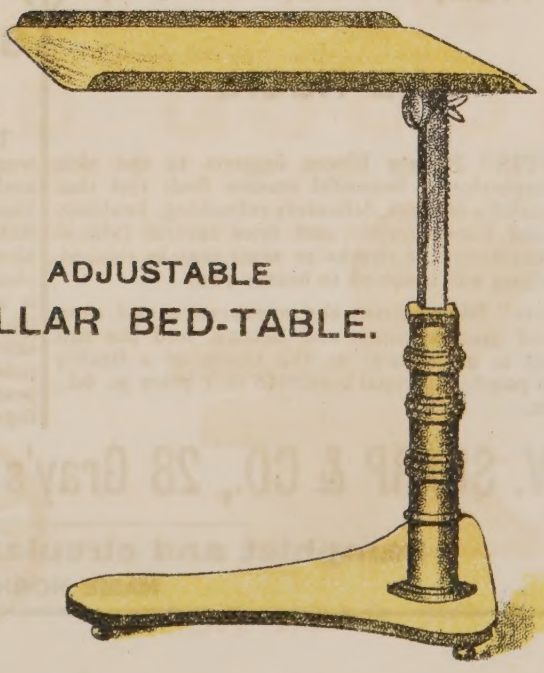


BED OR BACK REST.

ng Chair.

FIG. 2.



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as the water will absorb. It should not be sloppy but rather firm, it should leave the sides of the basin quite clean, it may be mixed with a spoon, use the knife dipped in hot water, to spread the poultice on the piece of linen made hot and laid on a hot plate; leave an inch all round which should be turned over to form a case to prevent the poultice from escaping, pour or rub a little oil or vaseline over the surface, the heat is more easily borne thus. A linseed poultice should be put on without any muslin between it and the skin; put it on as hot as the patient can bear it, lay it on lightly at first until the heat has become bearable. When on, it must at once be covered with cotton wool, oiled silk, and a piece of thick flannel, otherwise it will soon become cold, poultices should at least be changed every two hours, the one must not be removed until the other is ready to be put on.

A MUSTARD POULTICE.

To make this, half linseed and half mustard should be used; the former should be stirred into the the boiling water as above explained, then the dry mustard added and thoroughly mixed, a thin piece of muslin should be placed over the face of the poultice. If the skin is tender through repeated poulticing, the white of an egg mixed with dry mustard, before being stirred into the boiling poultice, will give much relief without impairing any of the benefits of the poultice.

BRAN POULTICE.

The coarsest bran which may be had for a penny, or even for a half-penny is a first-rate material for a poultice. Put three full handfuls of the bran into a hot basin. Have a spoon and a kettle of boiling water ready. Now mark well that the poultice will be completely spoiled if a tablespoonful too much water is put into the bran. The mistake cannot be remedied, if you put in too much water, if such is tried matters are made worse. Pour in a little boiling water, and stir the bran among which it falls with a spoon. Quickly pour in a little more and stir again. Lose no time, but by little and little, catch the degree of moistness at which no water will readily squeeze out of the bran, and at

once put it into a hot bag which should be ready for the purpose, or roll it into a cloth which can be used instead. If no water oozes out of the bag or cloth, the work has been well done. A piece of old linen dipped in warm olive oil put first on the skin, then place the poultice above it, keeping the hand between the too great heat and the skin, till it will not be distressing to let it come to its place.

BREAD POULTICE.

This is made by putting rather thick slices of bread, with the crust cut off, into a heated basin, pouring over this boiling water, covering the basin, and setting it by the fire for a few minutes, then pouring off the water, and putting more on the bread, again let it stand a few minutes, when the water must be quickly poured off and the bread beaten up with a fork, and then spread about a third of an inch thick on a piece of linen.* A charcoal poultice is made by adding some *wood* charcoal to a bread poultice made as above. *Starch poultice* is made by forming a thick jelly with boiling water, then spread on linen or rag. *Yeast poultices* may be made by spreading warm yeast over a bread poultice. *Onions, turnips and apples for poultices* after being chopped are stewed or steamed into a soft pulp, pressing and straining out the water. *Carrot poultices* are sometimes applied to unhealthy wounds, after being boiled till quite soft, they are then mashed, and the water pressed out in a piece of flannel or rag. A stocking leg filled loosely, forms a capital poultice for the throat and neck. Poultices are used for pleurisy, bronchitis, peritonitis, lumbago, and to help the discharge of matter in boils and abcesses, &c.

A MUSTARD PLASTER.

This is made by mixing dry mustard and tepid water, (never with hot water) into a thickish paste; this is spread on a piece of brown paper or newspaper, and cut the size required, leaving an inch all round to fold over and make a sort of case for the plaster, this prevents it from spreading over the edges and getting about. Lay a

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*A little oil should be poured on the face of bread poultices, to prevent their becoming dry.

piece of thin muslin over the surface, or one or more folds of tissue paper ; for children the mustard is often mixed with flour, for a very sensitive skin the white of egg mixed with the mustard will prevent a blister. When it is taken off a little vaseline or oil should be rubbed on the skin and a piece of linen laid over it.

Dry heat is very useful in many cases, such as stomach-ache, cold feet, &c. Bricks heated in the oven and wrapped in flannel, a flannel bag about ten inches square, and filled with sand, salt or bran heated in an oven are means by which dry heat may be applied to to the body. Stone jars, or india rubber hot water bags, may be filled with hot water. It is a good rule always to wrap such things in flannel.

BLISTERS.

It is important that the home nurse should know something about these. In using these it is not always necessary to raise a blister, this should be thoroughly understood. Occasionally it is necessary that a blister should be formed, but sometimes tiny blisters are all that is required. When a large blister forms it nearly always breaks, it must be covered with cotton wool, which when saturated must be changed. Sometimes the doctor orders the blister to be pricked, in such a case the place must be covered up, and the air carefully excluded ; cover with lint smeared in vaseline, over which put a good thick layer of cotton wool. It must be kept covered till healed.

FOMENTATIONS.

In applying fomentations two pieces of coarse flannel should be made use of. The coarser the flannel the better, the heat is longer retained than in fine flannel. The best mode of applying this is by means of two sticks turned in opposite directions. There are two ways of accomplishing this ; one is by having the pieces of flannel three yards long, have the ends sewn together like a kitchen roller towel, place the flannel in a large basin, pour boiling water over and by means of the sticks placed through the two doubles and each turned in opposite directions, the water may easily be wrung out, shake it lightly and apply to the part

required. Or a smaller piece of flannel may be used, say a yard square, when take a kitchen roller towel, lay this over the basin, on which place the coarse flannel, or a piece of blanket will do, pour over the boiling water, put the sticks into each end of the towel and two people can twist different ways. Where a roller towel is not available, put the flannel into an ordinary square towel, pour boiling water over, and wring it by two people each end different ways with the hands. When a turpentine fomentation is ordered this is made exactly in the same way, by sprinkling a tablespoonful of turpentine over the flannel, after being wrung out, or laudanum may be sprinkled over in the same way. When these are applied they must be covered over immediately with waterproof and flannel. One of the pieces of flannel should always be getting ready, while the other is being applied, they must be changed every quarter of an hour, there should be no exposure or delay in the changing.

COLD COMPRESSES.

Cold compresses are wrung out of cold water or of a lotion prescribed by the doctor, say it is to be applied to the head. Take a small towel, place it in cold water, and wring it out tightly; so fold it that it may go easily round the head of the patient. Press gently all round, continuing to change the position of the hands in pressing, so that the cool cloth shall come to every part of the head in succession. Lay some waterproof over the pillow to prevent it becoming wet. Have a second towel lying in the cold water, and when the first gets warm, it should be replaced by another cold one, by continuing this steadily for an hour or so, sometimes fever is very much reduced, and the patient much more comfortable. Care at the same time must be taken that the feet do not become cold, if such is the case, wrap them up in a hot blanket, and place beside them a hot brick or water bottle. If ice can be procured to cool the water, so much the better. It is often necessary to apply ice to the head, and other parts of the body. A bladder should be used for this, the ice broken into small pieces with a needle, the bladder must not be quite

full, but very securely tied, and always put a couple of folds of lint between the skin and the bladder.

TO STOP HICCOUGH.

Capsicum in hot infusion, is said to be a specific in many cases of hiccough. A common method is to draw a long, deep breath, then sip water as long as one can do it without breathing again. When this complaint proceeds from a surfeit, or any indigestible food, it may be removed by a glass of peppermint water, or a small quantity of spirits. But if it arises from a foulness of stomach, the best remedy is an emetic. When flatulence is the cause, a bit of ginger chewed, or the powder taken in water will be of service. Snuff, by exciting sneezing, is also useful in ordinary cases.

WARTS.

Rub them with a little impure potash, or lapis infernalis, moistened till a whitish paste appears on the surface, over which lay a sticking plaster. Aqua-fortis also laid on with the point of a quill, taking care not to touch the neighbouring parts, will eradicate warts. Others recommend the daily application of the tincture of muriated iron. Again, castor oil applied daily, is said to remove warts ; and a raw potato, raw beef, and acetic acid are all recommended as cures.

HEADACHE.

We are told a simple, but often effective way of relieving a nervous headache, is to bathe the head freely in water as hot as can be borne. This should be applied not only to the forehead and temples, but to the back of the ears, the back of the neck, and the feet, where the nerves are numerous. Dyspeptic or bilious headache is very common, to relieve this rest in bed, cold applications to the head, and some purgative medicine taken so as to operate in the morning, will usually effect a cure.

SLEEP.

"Nature's sweet restorer." When people are troubled with sleeplessness, they should walk for a time up and down the room. Let the pillow be high enough to have the head in a natural position. The head should be kept cool while

sleeping. Ill health and over-work are the general causes of insomnia. As a rule drugs should be avoided, sleep induced by their use is simply an oblivion, it is doubtful whether such sleep is of any value at all; sleep on the right side, the circulation is thus better, and any pressure is removed from the heart. To obtain perfect sleep, sleep alone. What a small number in this world really know how to sleep properly. Thinking in bed is often a source of trouble and banishes sleep, if the said thinker could use his will power to relax all the muscles, make himself as heavy in bed as possible, in other words, letting go his power over the muscles, the mind being absorbed in this work, release from disturbing thoughts will follow. Some one says: "Begin at your toes to relax, loosen all your joints and muscles, unbind your fingers, shake your wrists loose, take the curve and strain out of your neck, go all to pieces in fact, and see how the day's fatigue seems to slip off from you, and the gentle mantle of rest and oblivion enfolds you like a garment." In no case should young people sleep with the aged. A child should have its last meal an hour before going to bed, and let there always be a regular hour for retiring. A child from four to seven should not be later than seven o'clock in being put to bed. Never wake a child if it should sleep a little longer than usual, nature requires it to adjust something out of order in the little frame.

The amount of sleep required varies. Energetic persons require a great deal of sleep, mental work demands more sleep. Those whose brains are never busy, even although working with their hands daily, may do with five or six hours sleep, that amount to a brain worker would in time drive him crazy. For those who have unduly taxed their strength, and at the same time sleep badly, the "afternoon nap" is clear gain. The value of casual slumber to persons suffering from insomnia is not sufficiently well known.

NEURALGIA AND FACEACHE.

Dr. George Leslie, in an article in the *Edinburgh Medical Journal* gives the result of cures he had accomplished in cases of neuralgia, face-ache, ear-ache, and toothache. His treatment is to administer to the patient powdered chloride

of sodium—common table salt—to be taken as a pinch of snuff into the nostrils on the side of the face affected. The application produces little pain or discomfort. A single application is usually sufficient for the removal of the pain, when it is recent and localised, yet in cases of long standing, Dr. Leslie has found it necessary to repeat the pinches every five minutes, or ten successive doses. Not only has this been successful, but in most cases the pain has not returned for several months. In only two cases has it failed, one in which the patient had been in the habit of taking morphia, and the other one of toothache in which the nerve had been cut. Cases in which neuralgia has been present for years, in which the face was so tender that it could not be touched with a sponge, yielded in less than five minutes.

A handkerchief soaked in vinegar and then dusted with pepper or cayenne, and put on the forehead is in some cases a useful remedy. A cure for faceache is to take two teaspoonfuls of flour, add as much powdered ginger, and with spirits make a thin paste, spread this upon a linen rag, apply it when going to bed to the affected part, and wrap a piece of flannel over all. A very old excellent liniment for rheumatism, sprains, bruises, etc., is an ounce of spirits of turpentine, a quarter of an ounce of camphor, a quarter of an ounce spirits of wine, half a pint of vinegar, and a raw egg well beaten. Mix these ingredients thoroughly, put it into a bottle and shake it well, cork firmly to exclude the air. In half an hour it will be ready for use, and may be rubbed in three or four times a day upon the parts affected. For rheumatism in the head it should be applied to the back of the neck and behind the ears. The free use of lemons and celery are of great benefit in rheumatism, etc.

EARACHE.

The ear is a most delicate organ, it is very dangerous to interfere with it, the use of hair pins, and various instruments tend to interfere permanently with the hearing. Ear-ache is a child's malady, and their suffering is often very great. It is generally caused by cold, which causes inflammation and is generally attended with some degree of fever. The simplest remedy is to make a small wad of cotton, cover it with the finest muslin, (to prevent any of threads of the cotton

being left in the ear), dip this in warm sweet oil and put it in the ear. If the pain is very bad, a few drops of laudannm may be used with the oil. In slight affections this will be found efficacious, but where there is violent inflammation recourse must be had to the family doctor. When foreign bodies get into the ear, the best thing to try is syringing with tepid water, should this fail a doctor must be called in. If an insect has found its way into the ear, cause the patient to lay his head down flat upon the opposite side, pour warm olive oil into the ear until it is quite full, when the insect will generally be floated upon the oil.

THE EYES.

A French woman writing on the subject of the eyes.—"Never rub your eyes, never read in bed or when lying on a couch. Sit with your back to the light when working or reading, and do not work, write, or read longer than two hours together without resting your eyes, or closing them at least five minutes." Over worked or weak eyes, may find great relief using the following :—Fill a bottle with one third raspberry leaves, one third fennel, and one third parsley. Pick them quite small, and mix them well before putting them into the bottle, and leave space to pour in brandy. After a week or ten days it is ready for use, then with a sponge wash the eyes, it will make them smart, but the relief after is very great. The bottle may be filled up two or three times with brandy without renewing the leaves. The eyes may be very much strengthened by every morning plunging the face into cold water, open the eyes when in and move them about, do this five or seven times. Those who persevere in this morning bath will soon find that their eyes become brighter and stronger. If the eyes are weak and inflamed, a lotion may be used, made with sulphate of zinc six grains, wine of opium half drachm, rose-water three ounces ; bathe with this, when the irritation will soon disappear. If the eyelids are sore and inflamed, simply bathing daily with water, as hot as can be borne, without inconvenience, has been found most useful. If the approach of a stye is apprehended, put in a small bag a teaspoonful of black tea, on which pour enough boiling water to moisten ; as soon as cool enough put it on the eye and let it remain until morning, when the sty will in all prob-

ability be gone, if not, one more application will be certain to remove it.

TOOTHACHE.

Much pain and trouble might be saved if children were taught to use their toothbrush; much toothache might thereby be avoided. Of all the various parts of the body the teeth give the most pain and resent any neglect. The night cleansing is the most important, after the teeth have been cleansed, a very simple mouth wash will be found in water reddened with permanganate of potash. Toothache is a miserable pain. There is a simple remedy which rarely fails : take a piece of alum the size of an egg, and put it into a saucepan with a pint of milk. When boiling, pour a little into a cup, and hold it in the mouth, as hot as possible, and repeat until relief comes.

CHILBLAINS.

Chilblains are the result of the stoppage of the circulation of the blood brought on by frosty weather. Prevention is better than cure, therefore when winter appears, those who are subject to chilblains should take a piece of flannel and glue it all down round the inside of the boots, this will soak the frosty moisture that gathers in the leather, and prevent it from reaching the feet. Chilblains will not break if they are not scratched. Numbers of cures are recommended for their relief, but the same application does not suit all alike. The following are a few of the most successful. Have a foot bath containing boiling water, and get a piece of flannel or sponge ; set your feet on the edge of the bath, and bathe the parts affected with the boiling water, till you can stand your feet in it altogether, then bathe them for a little, take them out and dry them. Have ready some coarse dry salt on a plate. Spread a paper or cloth under your feet, and rub the chilblains with the salt as firmly as possible. the hands should be treated in the same manner. the first application will give relief, and the second will considerably remove the inflammation and irritation. Turpentine, acetic acid, cayenne pepper, etc., are all said to be cures. Arnica liniment, if the chilblains are not broken, applied night and morning often affords relief. Another cure which has never yet been known to fail is :—At a chemists' procure a little

tar ointment. At night soak the chilled spot in warm water, dry with a piece of soft linen, and then before the fire rub in gently, but thoroughly, a little of the tar ointment. Draw on an old stocking or swathe the foot in rag to prevent damage to the sheet, or if it be the hand you are doctoring, encase it in a large glove. This remedy must only be used when the chilblain is unbroken.

Another efficacious and simple remedy is the following: Soak the feet in water as near boiling point as can be borne. Hot water should be added from time to time, the temperature being kept as high as possible for about twenty minutes. Take the feet from the water, and having partially dried them, rub thoroughly with kerosene oil. This process repeated three successive nights, will afford the greatest relief, and in most cases effect a permanent cure.

If the chilblains are broken procure some Brittany honey and put it on the broken places, covering them with soft linen. This will heal them rapidly The following lotion for chapped hands is most simple, and keeps the hands soft and white :—One pound of glycerine and two ounces of citric acid. Take twice the fill of the bottle of hot water, in which melt the citric acid, mix all well together and bottle. After each time the hands are washed, before drying put a drop or two on the palms, rub well all over, and then dry thoroughly.

CORNS AND BUNIONS

Dr. Andrew Wilson says :—"Naturally if a person has corns, the first thing to be done, is to see that he wears boots or shoes easy fitting, and made to the shape of the feet. Too easy a boot is just as bad as one too small or too tighr, for the plain reason that the feet with over much room, can move about too freely, and engender corns by the friction. The paring of a hard corn keeps down its growth for a time. but will not altogether remove it, unless the cause is also removed. Soft corns should be treated with a castor oil pad, while a hard one can be got rid of by a poultice of white bread which has been well steeped in vinegar. A bunion may be cured by bathing the affected part in hot water to which a teaspoonful of salt, a table spoonful of starch, and a few drops of arnica have been added, wipe dry with a soft linen towel, and apply iodine with a camel hair brush. The tenderness of

a bunion may be relieved by using Balm of Bethesda. Again soft and hard corns should be covered night and morning with a linen cloth saturated with linseed oil, and they will soon disappear. In a short time it gives a welcome relief. Acetic acid applied with a paint brush to a hard corn will also prove effectual, avoid touching anywhere but the corn, as it will cause considerable pain.

Madame Staffe recommends the following treatment :— Salicylic acid, one drachm, altronine, one and a half grains, flexible collodium, one ounce. Have these made up and keep it well corked. Apply it with a camel's hair brush every day for about a fortnight. Do not thoroughly wash the feet during the time, all necessary oblution can be done with a sponge or loofah, being careful not to touch the painted corn. Then steep the foot in hot water, when the corn can be easily removed with the fingers.

CARE OF THE FEET.

The golden health-rule is to keep the feet warm. The first thing to attend to in this matter is to have the boots and shoes not too tight fitting, and again never to sit in damp shoes. Childrens feet should receive much attention in this matter. Two pairs of shoes or boots should always be had in wear, these can be worn on alternate days, it is really a more economical plan. With children, the rule should be enforced, that the boots must be taken off directly the wearer when wet, comes in. A good plan is to stuff the boots with newspaper to keep in shape until dry. In wet or snowy weather if they are rubbed with a piece of mutton fat, especially the seams, this will to a certain extent waterproof them, they may not polish very brilliantly after, but what of that, where comfort and health are concerned. It is well also to remove the stockings, briskly rub the feet, put on dry stockings and slippers, and many colds may be escaped. Never go to bed with cold feet. Bed socks may be worn. If it is not practicable to warm them by exercise, dip them in hot and cold water alternately two or three times, and dry with a rough towel to restore the circulation, before putting on the socks. For those troubled with cold feet, a felt shoe is the best, as it is porous, and allows of ventilation. Woollen stockings should be worn. If the skin is sensitive and flannel irritates, very thin cotton stockings should be worn beneath. Bathe

tired feet in cold water if possible, if this is unpleasant use a little warm water and dry thoroughly with a soft towel.

COUGHS AND COLDS.

The origin of a cold may be a chill, a damp bed, a draught, wet feet, etc., etc. It is easily checked if taken in time. One of the best things to allay the aching all over, which frequently attends a cold, is to soak the feet in hot water for fifteen or twenty minutes, with from two to three tablespoonfuls of washing soda, and a tablespoonful and a half of mustard dissolved in it. Have the water at a temperature quite comfortable to the feet, and then gradually add hot water until it is as hot as can be borne. At the same time a basin of hot gruel, or a glass of hot milk or hot ginger tea should be drunk. This will induce perspiration, and help to check the cold. The patient should then go to bed, and be kept thoroughly warm. If the chest is troublesome a mustard poultice should be applied. If the throat be affected, tabloids of chlorate of potash may be allowed to dissolve slowly in the mouth. Coughs often follow these ordinary colds; if they are very troublesome, a very good cough mixture is, equal parts of oxymel of squills, simple oxymel and syrup of poppies mixed. The dose is a teaspoonful when the cough is troublesome. A pleasant mixture for children is half an ounce of syrup of tolu, the same quantity of oxymel of squills, one ounce of mucilage, and three of ippecacuanha wine, and mix with two ounces of water. The dose for a child under a year is one teaspoonful, a child from one to five may have two teaspoonfuls, for older children nearly a tablespoonful. Hoarseness is often relieved with the juice of a lemon, it is also excellent to bake the lemon, it is baked like an apple, and a little of the thickened, and warm juice squeezed over a lump of sugar. Or a flannel dipped in boiling water, and sprinkled with turpentine, laid on the chest as hot as possible, will afford relief in hoarseness or severe cold in the chest.

NOSE BLEEDING.

Bleeding from the nose sometimes proves very troublesome, it is often very difficult to check the flow of blood. Cold applications are the usual remedies, and keys are frequently slipped down the patient's back. A towel soaked

in cold water, and laid upon the back of the neck and face, will often be successful in checking the bleeding. If this fails, let the person sit straight up in a chair, let him raise his hands as high above his head as possible, and let someone assist him in keeping them up, this frequently proves effectual; a little burnt alum used as snuff is also good. Another plan may be tried, move the jaw up and down as if eating, if the patient is a child, put some paper in the mouth and cause him to chew it; failing these a doctor must be sent for.

BILE.

Bile is the result of eating rich and indigestible foods. Some one says: "Those who suffer from bile should be ashamed of themselves." We will not go so far as that, still a bilious person by dieting himself properly, may often ward off the usually periodical attacks. A seidlitz powder taken occasionally in the morning may prevent their frequent occurrence. Hot water taken just after rising, before breakfast, has cured thousands of indigestion; or let the sufferer take the juice of half a lemon in half a tumbler of cold water, as soon as he rises every morning. This with due attention to diet will soon banish all traces of bile. When the retching is very bad, a mustard blister on the stomach will usually relieve it.

SPRAINS.

Most people ignore that most efficient remedy, water, and rely upon liniment, etc., in the treatment of sprains and bruises. To immerse a sprained limb in cold water, is a very good method if done immediately, but if a swelllng comes on, the part should be plunged into water as hot as can be borne, and kept there several hours. They are much more quickly healed thus than by any other means.

HEARTBURN.

This is an uneasy sensation of burning at the pit of the stomach. A pinch of carbonate of soda will sometimes relieve this feeling, it generally arises from indigestion or bile. Those therefore, who are subject to heartburn, should avoid all fat or acids. Two teaspoonfuls of magnesia will often remove the pain. According to a Medical Journal, twenty drops of pure water of ammonia, dropped

into two ounces of almond mixture, or of common water, is a powerful remedy for heartburn and acidity of the stomach.

RINGWORM.

"Baby" says: "A new treatment for ringworm consists in painting collodium iodi freely on the bald patches, when the surface begins to dry and scale off, it is to be washed clean with a 1-2000 solution of perchloride of mercury. The application can then be renewed. The hair may be cut short with the scissors instead of shaved. Three or four applications at intervals of a few days, have been found sufficient in very obstinate cases.

INVALID COOKERY: HOW TO DRINK MILK.

Many people complain that they cannot drink milk, because it gives them indigestion. The most common reason of this is, that it is swallowed too fast. It ought to be sipped slowly. When milk reaches the stomach it *is* instantly curdled, therefore, if a glass of it is swallowed hastily, it forms one curdled mass, on the outside only of which the juices of the stomach can act. On the other hand, if it is drunk in little sips, each little sip is curdled by itself, and the whole is more in the form of a sponge made of little lumps, in and out of which the gastric juices may percolate freely, and dissolve the lumps speedily. Three or four minutes should at least be allowed to sip a glass of milk. One of the best restoratives known after much fatigue, is a glass of hot milk. The heat seems to lighten it, and deprive it of much of its density.

MILK DRINK FOR INVALIDS.

Put half a pint of milk in a jug, let it just come to the boil in a saucepan of water, remove it and sweeten to taste, then dust the surface over with powdered cinnamon, or grated nutmeg, drink it gradually and as hot as possible. If the digestion is not good, a table spoonful of lime water may be added.

EGG AND MILK.

Take a perfectly fresh egg, separate the white from the yolk, beat the white to a stiff froth and stir it lightly into half a glass of milk. This is a most refreshing drink. If

liked the yolk may also be used, in which case add a little sugar and a grate of nutmeg. The latter way is not so light.

LEMON WHEY.

This is excellent for a cold. Grate the rind of a lemon, Place in a saucepan with half a pint of milk, the same of water, and the juice of the lemon. Let this boil up, and strain it through a muslin, sweeten to taste, and drink it very hot.

ANOTHER DRINK FOR THE COLD.

Take two ounces of Brown and Polson's corn flour, mix smoothly with a little milk. Put this in a saucepan, and stir in gradually two ounces of honey, and the juice of a lemon, this must be heated slowly, but not allowed to boil. This should be drunk the last thing after the patient is in bed.

GRUELS.

Oatmeal Gruel:—Take two or three tablespoonfuls of oatmeal, and rub it well into a bason with a pint of milk, strain it through a strainer into a saucepan; add a little salt to taste, place it on the fire and stir constantly till it boils, if too thick add more milk, or if too thin more oatmeal, if sugar is liked sweeten to taste. Sometimes butter or honey is added if the digestion admits it. This may be made in the same way with water.

Groats gruel:—Mix a tablespoonful of Robinson's patent groats smoothly with two tablespoonfuls of cold water, pour over this a pint of boiling water, stirring it all the time. Put it in a saucepan, and boil for ten minutes keeping it well stirred; sweeten to taste, a small piece of lemon peel may be boiled in the gruel, when wine is ordered two tablespoonfuls may be added.

Barley gruel:—The easiest way to make this is to use Robinson's patent barley, mix two tablespoonfuls with two tablespoonfuls of water, pour this into a saucepan containing one quart of boiling water. Let this boil for five minutes stirring all the while, sugar to taste. Thin strips of lemon peel, lemon or orange juice are an improvement, if the acid is not forbidden.

WATER GRUEL.

Rub smoothly a large spoonful of oatmeal with two of cold water in a jug, pour over this a pint of boiling water, stir well and strain it off, add a little salt, and a bit of butter. Stir until the butter is properly mixed.

A COOLING DRINK.

Put half an ounce of cream of tartar, a few pieces of loaf sugar, and a small piece of fresh lemon peel into a jug with a quart of boiling water over it, when cold it is fit for use.

BLACK CURRANT WATER.

Pour a quart of boiling water over half a pound of black currant jelly, keep it in a jug, and use when cold for a drink.

LEMONADE.

Roll a lemon backwards and forwards on a table to soften it, pare the rind very thin, squeeze the juice into a jug, holding back all the pips, add the lemon rind, and pour over a large cup of boiling water, cover the jug, let it stand till cold, then strain.

LINSEED JELLY FOR A COUGH.

Boil a pound of linseed in two quarts of water, let it simmer for three hours; strain, and return the liquor to the pot with a quarter of a pound of raisins, and the pulp and juice of a lemon, simmer, without allowing to boil, for an hour. Strain again and add half a pound of sugar, or half a pound of honey.

APPLE WATER.

Cut two or three apples into slices after peeling them, place them in a jug with the thinly pared rind of a lemon, and pour over them a pint of boiling water. Sweeten to taste, and cover the jug closely, and when cold strain off the water.

BROWN AND POLSON'S CORN FLOUR.

Gruel for Invalids and Children.

Two ounces of corn flour, one of sugar, and a pinch of salt are thoroughly mixed with two pints of milk, and then stirred over a brisk fire for fifteen minutes.

LINSEED TEA.

Take two teaspoonfuls of liquorice root bruised and an ounce of linseed, put these into a jug, and pour a pint of boiling water over them. Set this near the fire for four hours, and then strain through linen. The linseed must not be bruised.

A SAVOURY CUSTARD.

Beat the yokes of two eggs, stir them into a cup of warm beef tea, season with salt and pepper, pour this into a small jug, and set in a saucepan of boiling water and cook thus, until it thickens. The water must always be kept boiling.

TOAST AND WATER.

Cut a slice from a stale loaf, toast it on each side, but do not allow it to burn or blacken. Put it into a jug, pour a quart of boiling water over it, cover closely, and let it remain until cold, strain and it will be ready for use.

TO MAKE TEA.

To make tea be sure the water is boiling, pour it over the tea, and in five minutes it should be drunk.

BEEF TEA.

After removing all skin, fat, and gristle from a pound of rump steak, cut it very small. Put it into a jar, sprinkle a little salt over it to draw out the juice of the meat quickly, add two gills of water, cover the jar with paper twisted closely over it, and over that a flour and water paste. Let it stand for half an hour, then place the jar in a pan of boiling water, and keep it boiling for an hour. *Another way* :—After the beef is prepared and cut up as in the preceding recipe, put it into a large mouthed bottle, sprinkle with salt, and cork the bottle tightly, put it in a saucepan with cold water and allow it to boil for six hours, then strain and skim. *Another way* :—Cut up one pound of meat, place it in a saucepan with sufficient water to cover it, set it over the fire, and keep stirring and pressing the meat with a wooden spoon all the time till it boils. Do not let it boil more than two minutes. Strain through a cullender, allow the beef tea to cool and skim off the fat.

Bovril is much recommended for making soup for an invalid, it is said to be at least equal to beef tea, and it has the advantage of being so easily and quickly made. *A*

capital "Pick me up" is made thus :—A teaspoonful of bovril, a teaspoonful of arrowroot, and a teaspoonful of cream, mix these together in a breakfast cup, then fill up with boiling water, stirring all the time.

VEAL BROTH.

Cut one pound of veal up very small, sprinkle a little salt over it. Put it into a jar with a large cupful of water, cover closely with paper, and over that a flour and water paste, let it stand for half an hour. Place the jar in a saucepan of boiling water and let it boil for two hours.

CHICKEN BROTH.

Take a small chicken, skin it and remove any fat, soak and wash it, put it into a small stewpan, and cover it with cold water, when it boils, carefully remove the scum, add a half teaspoonful of salt, simmer for one hour, and strain the gravy. This will be most acceptable to an invalid. To use up the chicken, pick the meat from the bones, mince it and pound it in a mortar, season it carefully with white pepper and salt, add to it a spoonful or two of the gravy, and stir it over the fire until it boils. Cut half a slice of bread, remove the crust, toast it nicely a pale brown, and pour one or two spoonfuls of the panada over it, this will be much appreciated, it forms an agreeable repast for an invalid, and is very light and easy of digestion.

CHICKEN JELLY.

Cover a fowl with water. and boil till soft, remove it from the water, cut off all the breast, break the bones in pieces, put all back in the pan (except the breast), with a little more water, boil down to half and strain. Have the breast all finely minced add it to the strained stock, and boil again for a short time with a little white pepper and salt to taste. Fill a mould with water, pour it out, do not dry, and pour the jelly into it. When cold this will turn out like a jelly.

CALF OR OX FEET.

Take two calves feet or one ox foot, wash, scald, and scrape them, the hoofs must be removed, soak them in cold water over night, put them on the fire with three quarts of water, and simmer five hours, strain and when cold remove the fat. A teacupful of cream and the same of this jelly warmed together and seasoned to taste, is most nourishing for an

invalid. Milk may be substituted for cream when the stomach is too weak to bear it. This may be sweetened or made savoury according to taste.

FISH.

Whitings are often recommended for invalids, they are skinned and boned, and if put into a small jelly jar, with a full tablespoonful of milk and a sprig of parsley, make a light repast. The jar must be covered very closely with paper, and set in a saucepan of boiling water, at the side of the fire for half an hour. Or the whiting may be curled and not boned, and placed in a china lined saucepan with sufficient milk to steam it. Cook for about ten minutes, remove the fish, strain the milk and thicken it with a little of Brown and Polson's corn flour, flavour slightly, and pour the sauce over the fish, garnish with sprigs of parsley. This plan retains all the nourishment of the fish.

EEL BROTH.

Clean half a pound of small eels, put them in a sancepan with three pints of water, a sprig or two of parsley and a few pepper corns. Let all simmer until the eels are all broken up and the broth reduced nearly one half, add a little salt and strain. When liked a sliced onion may be boiled with the fish.

WATER SOUCHY.

Take two flounders, a sole, a whiting, or a haddock, boil them in a quart of water to a half, and the fish to quite a pulp, then strain. Have four other fish of the same kind; after removing their fins, boil them in the strained liquor until tender. Add salt, and cayenne to taste, also a little chopped parsley. Serve the fish in their own liquor. This is an easily digested dish. Fever convalescents relish this.

FISH OR OYSTERS IN JELLY.

After boiling the fish, pick the meat from the bones, and cover them in small jars with nicely flavoured savoury jelly. Oysters may be used in the same way, only remove the beards first.

SAVOURY JELLY.

Strain the gravy from chicken or veal, form it into a thick jelly with isinglass or extract of calves' feet. When boiling

whisk quickly amongst it the bruised shells and whites of eggs, with seasoning to taste; cover with a cloth for five minutes and pour it through a jelly bag. Directions for this jelly, calves' foot jelly, and gelatine jelly will be found in Part II, page 26, of the Cookery of this series.

TRIPE.

This forms a suitable dish for a convalescent, being easily digested. Partially boil the tripe, cut up an onion, add to the tripe, and boil together slowly until the tripe is very soft and tender, add salt and a pinch of cayenne, to the liquor may be added a little milk thickened with Brown and Polson's corn flour.

BOILED MUTTON CHOP.

If not allowed fried, a chop may be boiled. It should be put into boiling water, thus the juice is sealed in, simmer it for ten minutes, serve quickly and cover with parsley sauce.

TO FRY A MUTTON CHOP.

Have a clean frying pan very hot, put the chop or steak on the *dry* hot pan, turn it with tongs, or two spoons, (never stick a fork in a chop), turn constantly until done. From six to ten minutes should cook it, but that depends upon whether it is liked well done or not. Done this way the juices are preserved in it, it is not greasy, and is easily digested.

MILK SOUP FOR YOUNG CHILDREN.

Put two pints of milk into a large enamelled goblet, and bring to the boil. Add a little salt, and one and a half ounces of sugar. Mix one ounce of Brown and Polson's corn flour well with a little cold milk, stir it into the milk when almost boiling. Boil for twenty minutes stirring gently. For younger children this may be prepared with half milk and half water.

IRISH MOSS.

Soak an ounce of Irish moss in cold water for about an hour, pour off the water, and boil it in a quart of milk sweetened with sugar to taste; boil until thick. It requires constant stirring; strain through a muslin and put into a mould. The mould should be wetted before being used. If all milk is considered too strong, half water may be used.

ICELAND MOSS.

Iceland moss must be pounded in a dry state, and soaked in tepid water, with a little carbonate of soda, for twenty four hours before being used, to remove the bitter it contains, after which press it in a cloth. Place in a saucepan a quart of milk with an ounce of the moss, let this boil, reducing to one half, stirring the while, strain through a sieve and sweeten to taste, as in the former recipe, half water may be used.

A LIGHT SUPPER DISH FOR AN INVALID.

Toast half a slice of bread nicely, cut it into square pieces, put these in a basin and pour boiling milk over, seasoned with sugar and grated nutmeg. Rusks used instead of the bread makes a change.

ARROWROOT FOR AN INVALID.

Bruise a tablespoonful of Bermuda arrowroot with a little cold water, then pour about a pint of boiling water slowly over it, stirring all the time, then boil for five minutes, sweeten with sugar to taste, and a little lemon juice or grated nutmeg may be added. Brown and Polson's corn flour is made in the same manner.

Rice, ground rice, tapioca, florador, &c., all make light and nutritious puddings with milk.

INVALID PUDDING.

Boil two tablespoonfuls of rizine with half a pint of milk for seven minutes. Whisk the white of an egg to a stiff froth, stir into it a teaspoonful of castor sugar, then add to the cooked rizine. Beat lightly and serve in a glass dish.

CHILDREN'S PUDDINGS.

A Pasty Pudding.

Beat up an egg, and to it put a pint of milk sweetened with castor sugar, into a basin put four tablespoonfuls of flour, to this gradually add the egg and milk, stirring briskly, have the butter smooth and free from lumps. Pour this into a well buttered basin, tie a cloth which has been dipped in boiling water and well floured, over, and steam for an hour. When done turn out on to a dish, and cover the pudding with some orange or lemon marmalade, or raspberry jam.

AN APPLE PUDDING.

Cut three slices of bread about a quarter of an inch thick from a stale loaf, remove the crust. Peel, core, and cut in thin slices a pound of apples. Lay a slice of bread in a well buttered pie dish, add a layer of apples, sprinkle in some sugar, add a squeeze of lemon juice and place a few tiny pieces of butter over at intervals, then another slice of bread, more apples, etc., until the dish is neatly full. Then pour over all a pint of milk, and bake in a moderate oven for an hour and a half.

APPLE AND TAPIOCA PUDDING.

Pare, core, and slice two pounds of apples; put into a pie dish, and sprinkle a quarter of a pound of tapioca over and among the apples, fill the dish with water, or until the apples are all covered, bake for an hour and a half with a dish on the top. The rind of a lemon greatly improves this, but must be removed before going to table, serve with sugar, and milk or cream.

A SUMMER COLD PUDDING FOR CHILDREN.

Any kind of mixed fruits will do for this pudding, but raspberries and red currants are best. Take equal quantities of these and stew with sugar till done. Butter a deep pie dish, cover the bottom and sides with bread buttered. Spread a layer of fruit on the bottom then another slice of bread, then more fruit, and so on until the dish is full. Bake it till firm, but not hard and brown. When cold turn it out and pour custard over it. The excellence of this pudding depends on there being plenty of juice to soak the bread thoroughly, therefore use plenty of fruit. Stale bread is best.

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